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TIME TO EAT



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MAME DENTLER
&
FRANK FENNER JR.



Class TK 355

Book D 4

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TIME TO EAT

Time to Eat

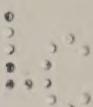
A Picture Book of Foods

By

MAME DENTLER

and

FRANK FENNER, JR.



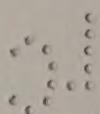
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COMMENTS ABOUT THE BOOK

BOOKS for young children have undergone a striking change in recent years. This has been the logical outcome of the modern study of children's interests and activities. Observations have shown that the spontaneous interest of young children is held, not by elaborate stories and pictures of the strange and remote, but by simple portrayals of familiar objects and happenings in their everyday life. The young child loves to turn through the pages of books, magazines, and even the mail order catalogues and to point out and name the objects which he recognizes. He is doubly pleased when these objects are ones that concern himself.

Following this lead, picture books are now being made which consist entirely of photographs of common objects and experiences that enter into the child's own life, and which he may identify and enjoy inside the pages of his own picture book.

This little volume is of this type. It deals with one special side of the young child's life, namely, his food. It pictures many of the common foods that enter into his diet and shows them both in the form they come from the grocery or farm, and as they are prepared and set on the table ready for him to eat. The foods that are commonly eaten for breakfast come first, then those for dinner and those for supper. After each set there follows a picture showing a good meal, using some of the appropriate foods. Any child will enjoy meeting his familiar friends of the table on the pages of his own book, and in finding some of his own meals there depicted.

The purpose of the book is largely for the child's enjoyment. Nevertheless, the foods included have been carefully selected as ones that really do belong in the young child's dietary, in order that any silent lesson it may chance to teach the parents or child may be the right one.

Miss Dentler, one of the authors of this volume, "knows whereof she speaks" in relation to children's food. She was for a number of years nutritionist in our University Cooperative Nursery School. In this capacity she learned to know not only what children need, but what they like and enjoy. This book is one of the outcomes of these experiences.

LYDIA J. ROBERTS, Chairman
Department of Home Economics
University of Chicago

THE AUTHORS CHAT WITH PARENTS

THIS picture book is planned to be of interest to the toddler of eighteen months as well as to the child up to four or five years of age. It does not contain a story because the young child's span of attention is relatively short. When he looks at a picture he is interested in finding objects with which he is already acquainted. He enjoys naming them and then is ready to turn on to the next page.

Several years of experience has emphasized the fact that many young children have feeding difficulties of one sort or another. Moreover, a search has shown that there are few, if any, materials available such as books, toys, or educational playthings which might be of help in overcoming these difficulties.

It seemed that such a book as we have prepared would be a useful contribution to the field of child training as well as a source of enjoyment to the child. Since the child is introduced through pictures to toys, animals, ships, and trains, why should he not also meet foods in this same manner?

With a little ingenuity, a mother can use these pictures in many ways. For the toddler, they can serve as an introduction to most foods. To the finicky eater they may stimulate a new interest in food which he has already met; and to the older child they may be a means of acquainting him with new foods.

These pictures can also serve to guide the mother in selecting foods suitable for the child. The sizes of the portions shown are only relative since the amount of food a child eats depends on the individual. The foods suggested for a given meal need not be confined to that meal alone. The egg, for example, can be a part of either the breakfast, the dinner, or the supper menu. Likewise, many of the dinner and supper foods may be interchanged. And milk, which because of lack of space is shown only among the breakfast foods, should be a part of every meal. Therefore milk is used in the pictures of the child eating to indicate its place in each meal.

Also because limited space made it impossible to show pictures of every food that is suitable for the child, the most frequently used foods in the groups—fruits, vegetables, meats, cereals—are presented. The meal times indicated by the clock are but suggestions for the spacing of the meals.

Between-meal feeding is not essential or necessarily advised. This section was included to indicate that if food is given other than at meal time, it should be simple and served at a regularly scheduled time.

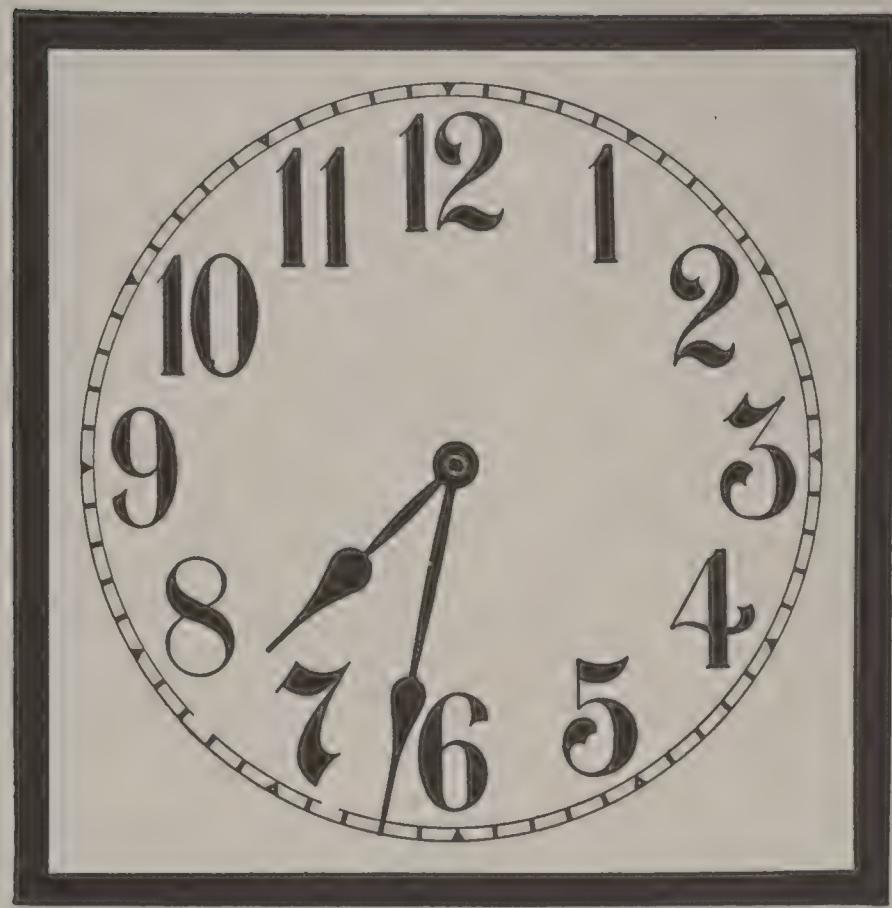
Photographically, it was our purpose to keep the pictures simple and, through the use of suitable lighting, to give the foods form and naturalness. These foods were all prepared as they would be for a child to eat, and the mealtime pictures were planned to show a typical home situation. The child, not yet three years old, was photographed as he ate his meals.

It is impossible to thank individually everyone who has contributed in one way or another to this project. Grateful acknowledgement for their criticism and encouragement is made to Dr. Helen L. Koch, Associate Professor of Child Psychology in the Department of Home Economics, University of Chicago; to Dr. Walter H. O. Hoffmann, Medical Director, University Cooperative Nursery School; and to Floy E. Dentler, Art Department, Rockford High School. Special acknowledgement is made to Dr. Lydia J. Roberts, Chairman of the Department of Home Economics, University of Chicago, without whose enthusiasm, advice, and help in other ways, this book might never have become a reality.

MAME DENTLER
FRANK FENNER, JR.



Ready to Eat



It's Breakfast Time



Orange Orange Juice



Milk



Bacon



Eggs



Toast

Butter



Cereal



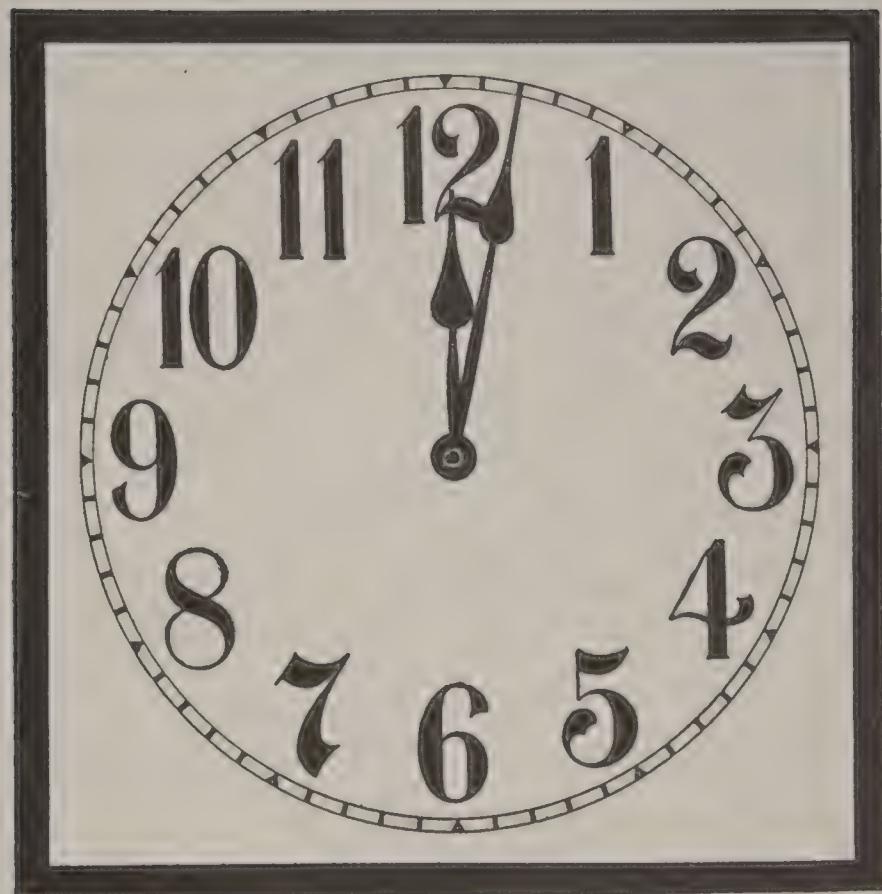
Cod Liver Oil



Prunes



Breakfast Is Ready



Come to Dinner



Potatoes



Carrots



Peas



Cabbage



Tomatoes Tomato Juice



Onions



Beets



What Are They?



Breaking Beans



Meat

Meat Cakes



Chops



Fish

Fish on Toast



Stew

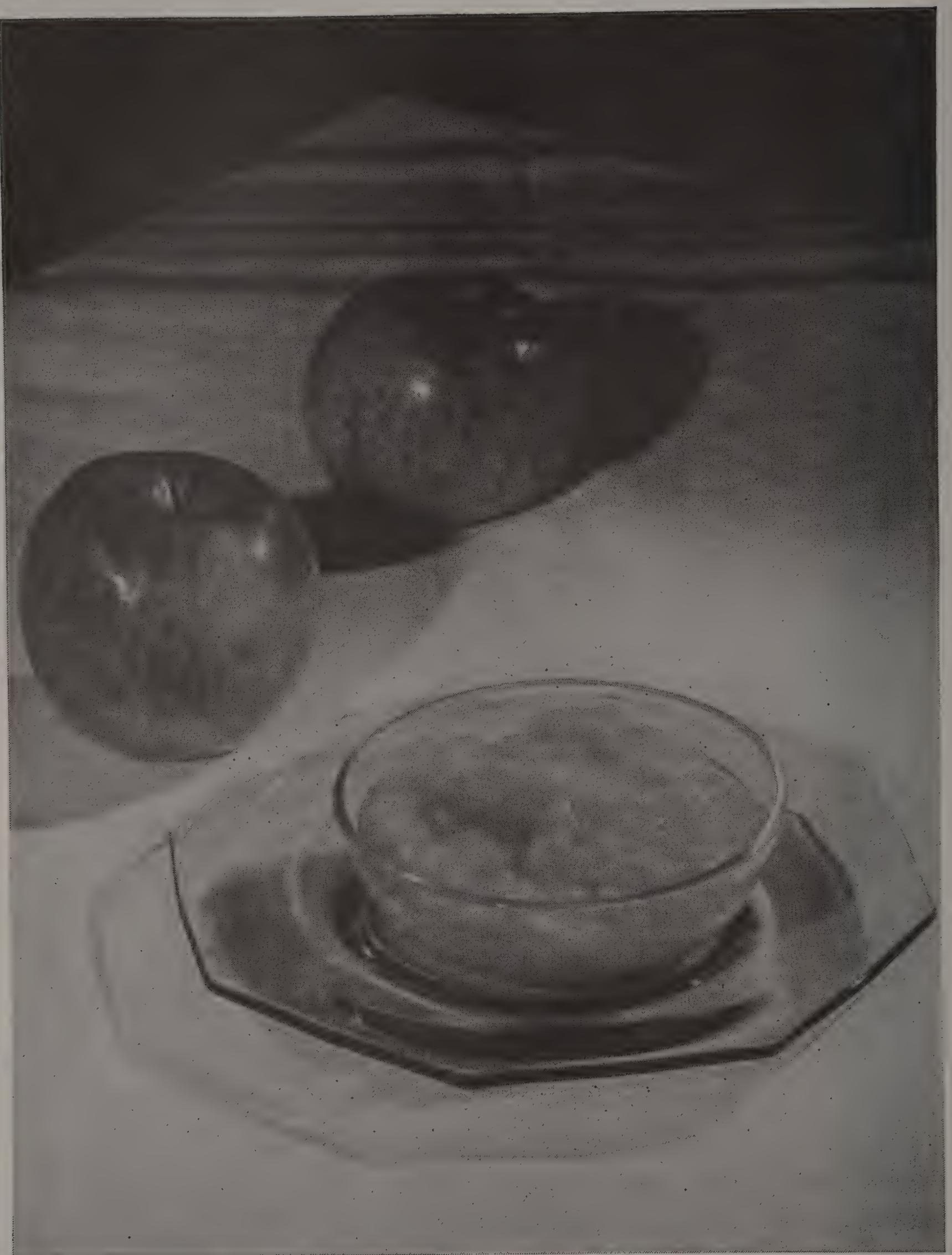


Bread

Butter



Custard



Apples Apple Sauce



Pudding

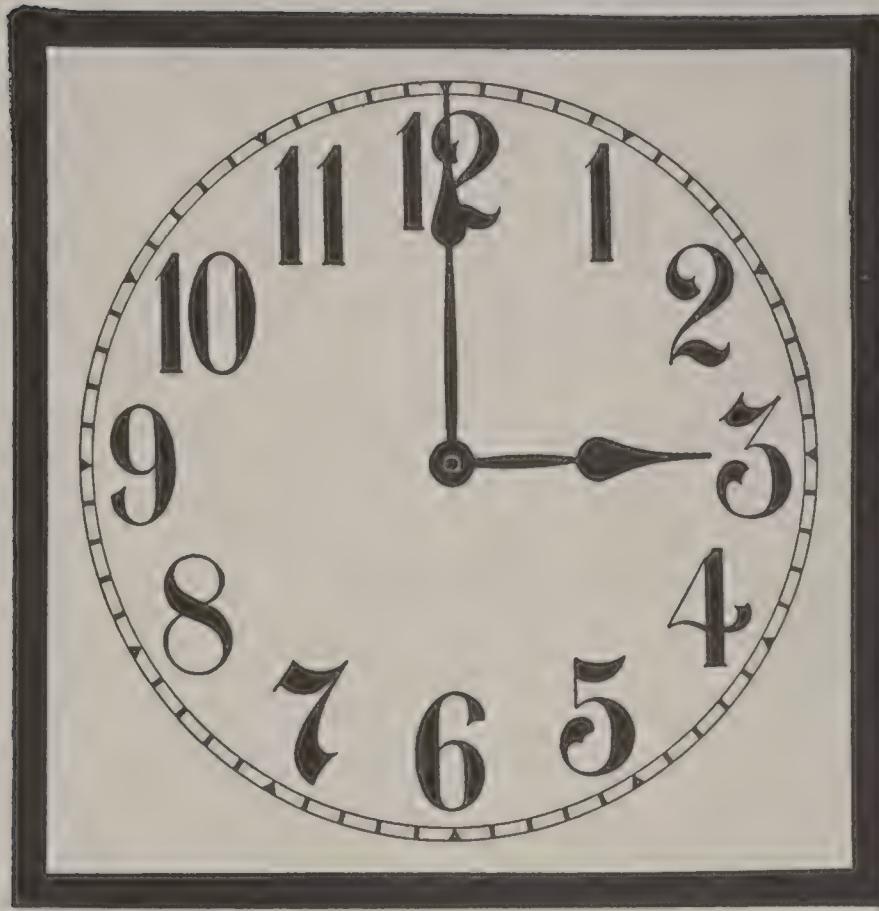


Ice-Cream

Crackers



Now Dinner's Ready



For Between Meals



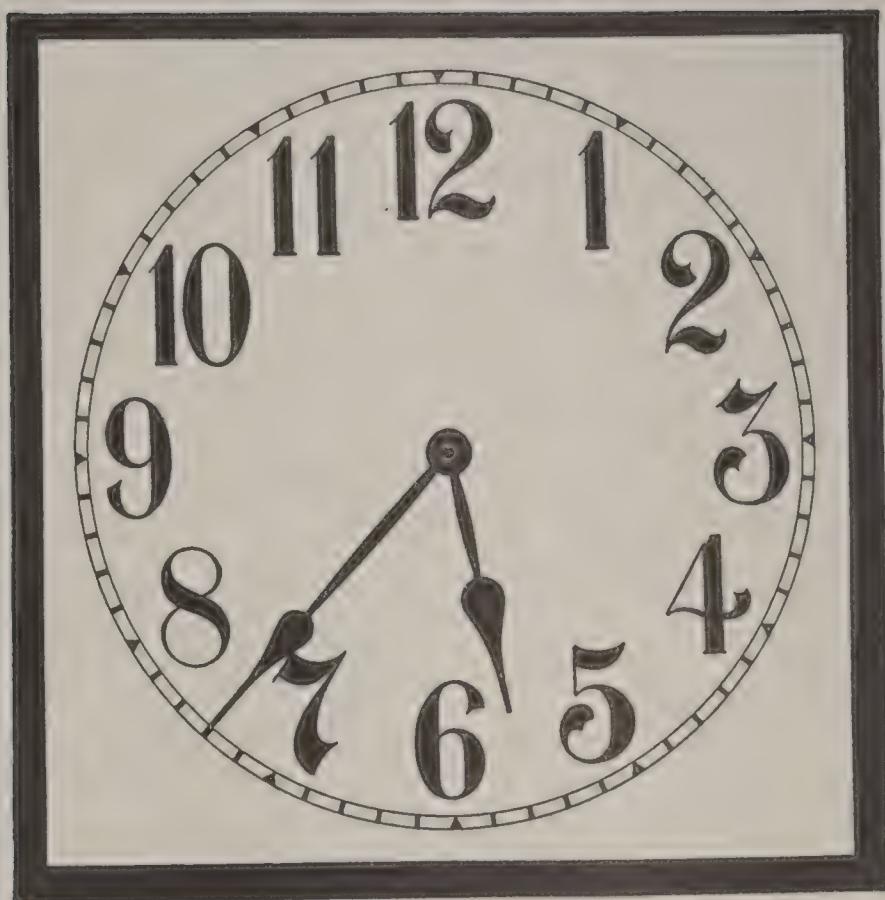
Water



Fruit



Milk's Gone



It's Supper Time



Soup Crackers



Spaghetti



Sandwiches



Lettuce



Cottage Cheese Jelly

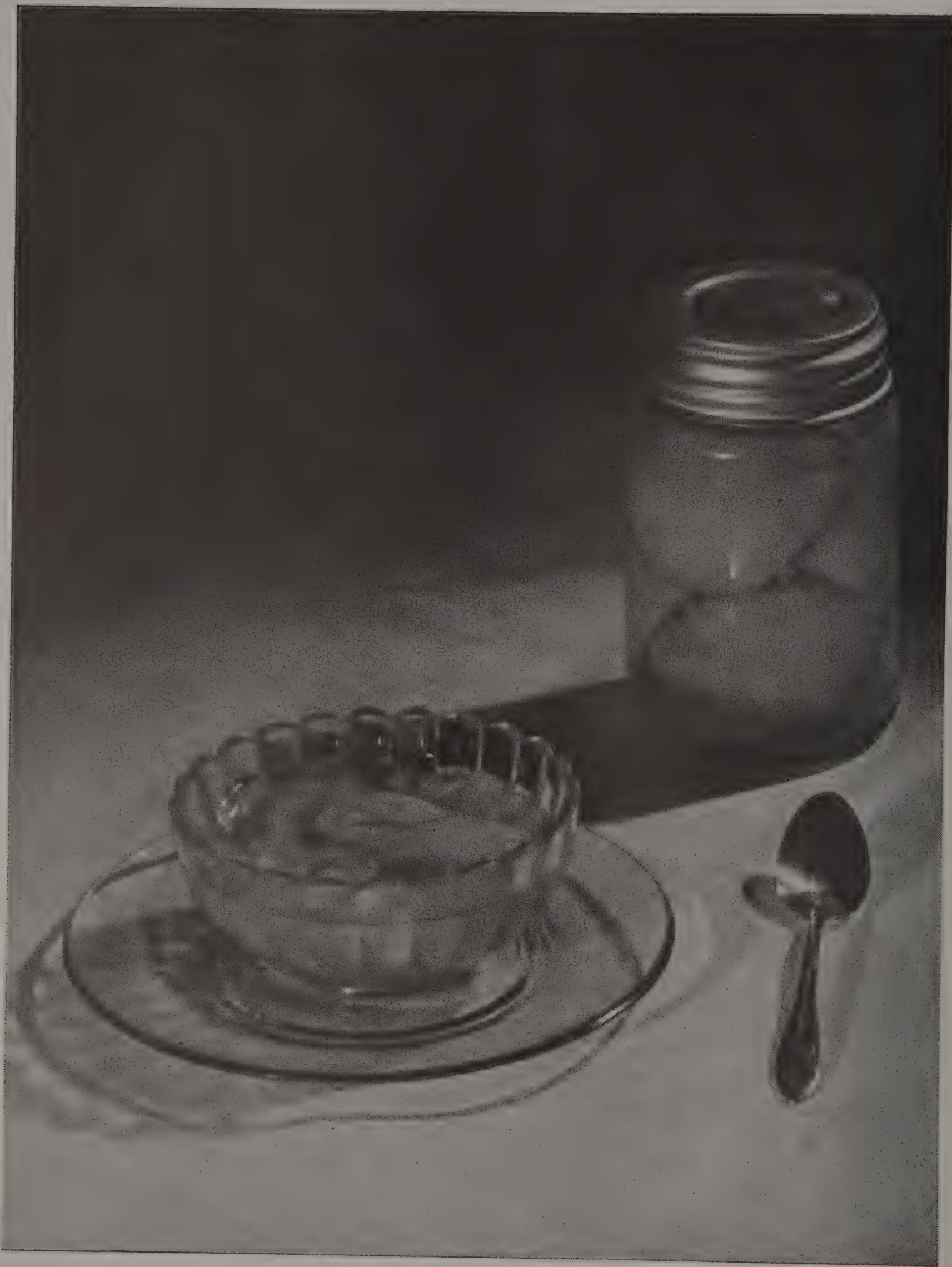


Plain Cup Cake



Bananas

Top Milk



Peaches



Supper is Ready



All Done

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